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### **EVALUATION FORM**

Date of Walk: \_\_\_\_\_ Location: \_\_\_\_\_

1. What was your reason for coming on the walk? Were your goals met?
  
  
  
  
  
  
  
  
  
  
2. When you think about how you are feeling now, compared to at the beginning of the walk, do you notice any differences? What are they?
  
  
  
  
  
  
  
  
  
  
3. What was one highlight of this walk for you?
  
  
  
  
  
  
  
  
  
  
4. What (if anything) was challenging or “edgy” for you?
  
  
  
  
  
  
  
  
  
  
5. What might have made this walk a better experience for you?
  
  
  
  
  
  
  
  
  
  
6. Testimonial: If you were to recommend this experience to others, what would you say?